Presbytery

337 Harrow Road, London, W9 3RB
Tel: 020 7286 2170

Parish Priest

Fr. Michael Jarmulowicz
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Also in Residence
Fr Daniel Isah & Fr Charles Soyombo
(for advanced studies)

Parish Office

Parish Administrators:
Mrs Jennifer Ellis
Office Hours: Mon 9 - 5 pm

Mrs Mandy O'Sullivan-Whiting
Office Hours: Wed (by phone) & Thur 10 - 4 pm
Tel No: 020 7286 2170 (option 3)
E-mail: paddingtonnorth@rcdow.org.uk
Website: parish.rcdow.org.uk/harrowroad

Mass Times this week

Monday:.....10:00 am (Harrow Road)
Tuesday: .....10:00 am (Paddington)
Wednesday: No Mass
Thursday: .....10:00 am (Paddington)
Friday: .....10:00 am (Harrow Road)
Saturday:.....10:00 am (Paddington)
..... 6:00 pm (Harrow Rd)
Sunday: ..... 9:30 am (Paddington)
.....11:30 am (Harrow Rd)

Eucharistic Adoration

One hour before weekday and Saturday Masses.

Confessions

During periods of exposition of the Blessed Sacrament, and on request.

Mass Readings

Parish Mass Book Page 99

Zechariah 9:9-10; Romans 8:9, 11-13;
Matthew 11:25-30.

Parish of PADDINGTON NORTH

with the churches of
OUR LADY OF LOURDES & ST VINCENT DE PAUL (337 HARROW RD)
and
OUR LADY OF SORROWS, (17 CIRENCESTER ST, PADDINGTON)

JUNE - MONTH OF THE PRECIOUS BLOOD OF JESUS
5TH JULY 2026
14TH SUNDAY ORDINARY TIME (YEAR A)

Out of the Mouths of Babes



How often do we laughingly say, "….Out of the mouths of babes!" We usually say it when one of the junior members of our family has stated a glaring or embarrassing truth. To children the truth is black and white, but the older we get the more we tend to complicate issues that really ought to be very simple. Perhaps we want to dress up the truth with our own interpretations. Perhaps we want to disguise truths that make us feel uncomfortable. Whatever the reasons, as we get older the truth is harder for us to recognise.

Jesus criticized the religious leaders who over complicate the law. Jesus was concerned for those people at the bottom of the social heap who could not live up to the six hundred and thirteen commandments of the Jewish law. Jesus' intention was not to do away with the law, but he could not support the lawyers who spent their time manufacturing new and insufferable burdens for broken people. To the broken people Jesus says, "Come to me, all you who labour and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

The demands of our current society and current cost of living difficulties puts many challenges our way, and we spend a lot of our time juggling priorities and trying to live our lives by more than one agenda. Our lives can be complicated and overly burdened. We might look for the solutions in lifestyle magazines and in bottles of pills; no longer able to recognise simple truths.
So why don't we look more to God for solutions? God wants us all

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Mass Intentions for week beginning Saturday 4th July 2026

Saturday	6:00 pm	Patrick Gordon (RIP)
Sunday	11:30 am	Kirsty Ellis (Ints)
Tuesday	10:00 am	Piedade Andrade (RIP)-
Thursday	10:00 am	-
Sat (11 July)	10:00 am	Hannah Ngobeh (Anniv)
Sun (12 July)	9:30 am	Mary Steven (Ints)
Sunday	9:30 am	Ailyn Mago
Monday	10:00 am	-
Wednesday	No Mass	
Friday	10:00 am	Dan O'Brien (RIP)
Saturday	6:00 pm	Luz & Bobby (Ints)
Sunday	11:30 am	Sueanna Byrne (RIP)

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to have peace and fulfilment; all we have to do is to yield to God's agenda. As Jesus said: " I have come so that you may have life to the full!" (Jn 10:10) The smallest child knows the difference between what is important and what is not. Why can't we?

Let us never forget that the most important hour of the week is our participation in the Holy Sacrifice of the Mass; the time where we can come closest to Jesus this side of heaven, because he gives us is very self—"This is my Body given for you".

When Jesus says, "My burden is light," he does not mean that Christianity is an easy way out … he simply means that his demands are capable of being met. Why? Because he offers his gifts of grace to help us carry the load. "Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

Diocesan News

Venezuela Earthquake Appeal. As part of the UK Disasters Emergency Committee, CAFOD is launching the Venezuela Earthquake Appeal to raise vital funds for communities affected by the devastating earthquakes in Venezuela.
CAFOD is already working with trusted Church partners in Venezuela who are the first responders and are working closely alongside communities and Church leaders. CAFOD have allocated £100,000 from CAFOD funds to help provide emergency water, food and hygiene kits to people affected. Donations can be made online at *https://cafod.org.uk/give/donate-to-emergencies/venezuela-earthquake-appeal*

Marriage in a Rut? Or need help with deeper issues? **Retrouvaille** has helped thousands of couples find hope and healing in their marriage. Next dates: **2nd - 4th Oct**. *www.retrouvaille.org.uk/info* Tel: 0788 7296983

Parish News

RCIA—The Rite of Catholic Initiation of Adults (Journey in Faith). This is an invitation to all adults who have been baptised, but for various reasons never received the sacrament of Confirmation. The Catechism of the Catholic Church teaches: "It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace" (Para 1285). And later "Every baptized person not yet confirmed can and should receive the sacrament of Confirmation …… for without Confirmation …. Christian initiation remains incomplete (Para 1306). Please see Fr Michael if you are one of these adults, as I plan to start the process after the summer holidays.
In addition if you know of any people who are interested in becoming Catholics – then this journey is for them as well. In addition you are welcome to join if you would just like to get a deeper understanding of your faith, even though you may have been baptised and confirmed as normal.

Lourdes Redcaps. If you didn't pick up a handout at your redcaps training day—please see Fr Michael who will give you one. It is essential you have one as it gives all the important information you will need

The church mouse/rat. Last Sunday, after mass, a rat ran into Harrow Road church through the open doors. It was chased out. Some assumed that the rat must be here because of the foodbank. We are close to the canal, where you can see many rats, so let us not make assumptions. Jesus told us always to care for the poor; the foodbank offers support to the poor and I believe it is our duty to support the foodbank here. St Peter's, where they have been previously, is closing, hence their new home here.

Marriage Matters

(www.marriagecare.org.uk)

Fourteenth Sunday in Ordinary Time

(Zech 9:9-10; Rom 8:9, 11-13; Matthew 11:25-30)

'Yoked' to Him we are not overburdened

A 'yoke' keeps oxen together when carrying a heavy load or ploughing a field. On the day you married you chose to be 'yoked' together 'till death us do part'. The burdens of life can lower your spirits and create a barrier to intimacy in your relationship. Jesus says: "Stay 'yoked' to me and I will help you, however heavy the load."

Funeral Notices

The Reception and Requiem Mass of the late **Jane Edmund** will take place on **Friday 10th July at 11:30 am** at **Our Lady of Lourdes Church,** followed by committal at West London Crematorium.